

The Mississippi Delta Health Collaborative supports the institution of wellness programs within churches for the purpose of increasing access to physical activity, healthy foods, quality healthcare, and tobacco cessation programs.

### Delta Alliance for Congregational Health (DACH)

The Delta Alliance for Congregational Health is a consortium of churches in the Mississippi Delta that recognize the obligation and the opportunity the church has to minister not only to one's spiritual health, but their physical health as well. DACH representatives support and promote the institution of health ministries in the faith setting.

### DACH Initiatives

#### Congregational Health Nurse Training (CHN) Program

The CHN Program certifies registered nurses as Congregational Health Nurses through the Congregational Parish Nurse Health Ministry Training. Upon completion of the training nurses establish health ministries within their respective churches and convene a health and wellness council. With goals focused on outreach and service coordination, this project is unique in that it is a culturally tailored program designed to address common needs, concerns, and challenges relative to the target population.

The DACH conducted its first CHN training during May 2009, with five nurses graduating from the program. A second training is scheduled for January 2010. The training format is a four-day retreat conducting within a peaceful setting conducive to learning.

#### Church Garden Project

In partnership with Delta Health Alliance, the DACH supports the establishment of church gardens in the Mississippi Delta. The Church Garden Project will support the development of congregational gardens to encourage increased access to and consumption of fruits and vegetables and to assist congregational members to become physically active. The community garden will provide fresh healthy produce, as well as opportunities for building community activity. This activity in conjunction with the Congregational Health Nurse Training Program serves to address issues related to adverse health outcomes within the African-American community.

#### Project HEAL: Healthy, Educated, and Active for Life

Project HEAL is a health education and promotion program for African-American churches in the Mississippi Delta. The purpose of the campaign is to support a culture of wellness including physical activity, nutrition, tobacco prevention, and hypertension management.

HEAL Foundation:

- I. **Healthy** - Beloved, I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth. *3John 1:2*
- II. **Educated** - To know wisdom and instruction; to perceive the words of understanding. *Proverbs 1:2*
- III. **Active** - I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. *Romans 12:1*
- IV. **Life**- I am come that they might have life, and that they might have it more abundantly. *John 10:10*